



Senior Moments

with Emma Edwards

Dealing with the 'old wives'

An "old wives tale" is defined as "an often traditional belief that is not based on fact," according to my Merriam Webster's Collegiate Dictionary. Believe it or not, some "tales" have been going on since the 15th century.

Most of us grew up hearing many old wives tales and looked at them simply as fact. This time of the year, especially, we are told that swimming with a full stomach causes cramps, and that one should wait an hour after eating before swimming. This is false, according to Wikipedia.

Another familiar old wives tale is "Don't cross your eyes or they will stay that way." Ask your ophthalmologist on your next visit and you won't worry about it.

What got me on this subject? One day last week I was putting fresh linens on my bed and there was that pesky tag sticking up, "Under penalty of law this tag not to be removed except by the consumer." As a child, I was afraid I'd go to jail, so I would hardly touch it.

For more than eight decades, I'd never noticed the words "except by the consumer." That was a freeing moment in my somewhat sheltered life. Hey, I *am* the consumer. I found my favorite scissors and cut off the tag. It felt good. I felt like a liberated

woman on that day last week.

Doing a tiny bit of research, I learned from answer man Roger Schlueter that "In other words, the second you get it home, you can rip, cut or tear to your heart's content with no fear of a SWAT team ramming down your front door."

I also learned there's a law in the U.S. Code (Title 15, Chapter 2, Subchapter V, Section 70c) that makes it illegal to remove, mutilate or cause to be removed or mutilated any stamp, tag or label from a textile fiber product in commerce prior to it being sold or delivered to the final customer.

So the tag warning is for the seller not the consumer and dates back to the early 1900s when it was found that the filling in pillows and mattresses could cause infestations of mice, bedbugs, disease and unwelcome allergens.

Tags are there for our protection. And in some cases to protect warranties.

With warm weather around the corner, remember that ice cream leads to nightmares and toes pointed up signify low blood-sugar.

Another bogus rule is to be aware of cracking knuckles, which can give one arthritis. And how often have we heard that only the good die young?

Maybe that's why you and I are still here!

Senior lunch menu

Monday, July 8: Spaghetti with meat sauce, garlic bread, broccoli, romaine salad, bread pudding.

Thursday, July 11: Turkey, cornbread stuffing, green bean casserole, coleslaw, pumpkin cake.

The Warrenton senior lunch program is at noon (doors open at 10:30 a.m.) Mondays and Thursdays at Warrenton Community Center, 170 SW Third St. Suggested donation is \$6 for ages 55 and older; \$7 for those younger. For more information, call 503-861-3502.

Wauna donates to St. Vincent de Paul pantry

Wauna Credit Union employees recently donated more than \$6,500 for the Food for Kids Program at the St. Vincent de Paul Food Pantry in Astoria.

Employees selected it as their charity of choice during the year.

"Our employees care about giving back to our communities and that's why we chose the Food for Kids program," said Kristen DeForrest, WCU compliance specialist. "I know this food makes a tremendous impact on the students' ability to learn and grow, and we hope others will join us in supporting this very worthy cause."

Last year, the pantry gave away 2,246 food bags, about 13,000 pounds of food, to needy residents. Since the pantry began six years ago



Kristen DeForrest, compliance specialist for Wauna (left), presents a check to Lorrie Radu and another pantry volunteer.

at Saint Mary, Star of the Sea, Church, it has given away more than 10,000 food bags.

"Every now and then we run into a parent who thanks us for being there for their family," said Lorrie Radu, a pantry

volunteer. "We like to think of it as delivering a little bag of hope every Friday."

St. Vincent de Paul Food Pantry is at 1465 Grand Ave., Astoria, and is open 1 to 3 p.m. Tuesdays and 10 a.m. to noon Fridays and Saturdays.

Business and development tidbits

• May was a busy month for the **Clatsop County Planners** with the building codes department issuing 250 permits and completing 486 inspections.

It represents a 70 percent increase in the number of permits issued over May 2018 and a 28 percent increase in the number of completed inspections.

• County staff has been meeting with architects, designers, engineers, and security electronics consultants to set a timeline for **construction of the new jail** in Warrenton.

The former Oregon Youth Authority facility is being converted to house inmates.

In addition, a contract was signed with KPFF Consulting Engineers for design and project management of Bugle Road, which will run between the sheriff's office and the county animal shelter.

• **Englund Marine & Industrial Supply** celebrates its 75th year in business on Friday, July 19.

Each of their seven retail

stores, including the Warrenton Raft Shop, will hold a thank-you event to celebrate the milestone with drawings, give-aways, and special deals.

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